



Arizona Department of Education  
Tom Horne, Superintendent of Public Instruction

Low-quality, high-fat food items  
(greater than 35% total calories from fat)

Sausage/bacon	French fries (oven-baked, homemade potato wedges are not high fat)
Corn dogs	Hot Pockets
Tater tots	Tortilla chips/potato chips
Salami/pepperoni	Fish sticks/nuggets/shapes
Bologna	Croissants
Hot dogs	Chicken nuggets/patties
Full-fat cream cheese, sour cream, mayo, tarter sauce, dressings and dipping sauces	Margarine/butter

High-sugar food items  
(greater than 35% total sugar by weight)

Cookies	Rice Krispie Treats
Brownies	High Sugar Breakfast Cereals
Toaster Pastries	Quick Breads/Muffins
Donuts	Vanilla Wafers
Cake/Cupcakes	Custard/Pudding
Pop Tarts	Flavored Milk, including chocolate
Granola Bars	Jam/Jelly
Cinnamon Rolls/Danish	Honey
Gelatin/Jell-O	Syrup
Cereal bars	Iced Animal Crackers

This list is to be used for reference and is not all inclusive